4 February 2014 - Met Office forecasters are warning that heavy rain and gale force winds will continue to affect the UK at times this week, bringing the possibility of further travel disruption.

The stormy conditions are expected to bring damaging gusts of wind of up to 60 mph inland and perhaps as high as 80 mph along some southern and western coasts of Britain on Tuesday night and Wednesday. These severe gales, combined with further heavy rain may cause some disruption because of fallen trees and high waves in coastal areas.

Yellow Met Office National Severe Weather Warning have been issued for gales and heavy rain for each of the Atlantic depressions forecast to affect the UK this week, meaning people should be aware that severe weather is expected and should plan ahead for possible travel delays, or the disruption of day to day activities.

Chris Tubbs, Met Office Deputy Chief Meteorologist, said: "We have more Atlantic depressions heading our way during the rest of the week and over the weekend. Heavy rain and gales sweeping in from the west later on Tuesday and for Wednesday brings the risk of further flooding in some areas and possible travel disruption.

"There is now increased confidence that much of the southern half of Britain will see further heavy rain on Thursday evening and night, and that will be quickly followed by another storm early Saturday.

"Throughout this spell of unsettled weather, everyone is advised to stay up to date with the latest Met Office forecasts and National Severe Weather Warnings and be aware that the weather may change or worsen, leading to disruption of your plans in the next few days."

The gales will also continue to bring the additional risk of large and potentially hazardous waves in coastal areas.

Will Stephens, RNLI Coastal Safety Staff Officer, said: "With more stormy weather forecast, we're asking people to take extra care if they're going down to the coast. Rough seas and extreme weather might look exciting, but getting too close can be risky. So respect the water and, in particular, avoid exposed places where big waves could sweep you off your feet."

John Curtin, Head of Incident Management at the Environment Agency , said: "Following the wettest January on record in some places we are now set to experience successive bands of heavy rain heavy rain fall lasting into the weekend.

"With further river and coastal flooding expected this week we have teams working around the clock to protect homes and communities, and over 117,000 homes have been protected over the past three days.

"Strong winds and waves could be dangerous, and we would urge people to stay away from coastal paths and promenades, and not to drive through flood water.

"In the face of this severe weather we would also remind people that they can sign up to receive free flood warnings, check their flood risk and keep up to date with the latest situation on the Environment Agency website and on social media using #floodaware."

Throughout this unsettled spell Met Office forecasters and advisors are working round the clock with our partners to keep everyone up to date with the latest forecast information so they can plan and prepare for the expected weather.

Don't forget you can report severe weather impacts in your area by uploading photos and information via your mobile phone.

Last updated: 4 February 2014